

[Home](#)☐ [Health Topics](#)[Allergies](#)[Cancer](#)[Diabetes Type 2](#)[Heart Disease](#)[Hypertension](#)[Quitting Smoking](#)[Women's Health](#)[See All](#)☐ [Health Tools](#)[Find a Doctor](#)[AskMD](#)[RealAge](#)[Money Fit](#)☐ [Health Information](#)[Health Guides](#)[Videos](#)[Slideshows](#)[Articles](#)[Quizzes](#)[All Topics](#)☐ [Doctors by Specialty](#)[Bariatric Medicine](#)[Cardiology](#)[Family Medicine](#)[Gastroenterology](#)[Internal Medicine](#)[OB/GYN](#)[Oncology](#)[Orthopedic Surgery](#)[Pediatrics](#)[See All](#)☐ [Health Experts](#)[Dr. Dean Ornish, MD](#)[Internal Medicine, Preventive Medicine](#)[Frances Largeman-Roth,](#)[RD](#)[Nutrition & Dietetics](#)[Dr. Ellen Marmur](#)[Dermatology](#)

[Blue Zones Project](#)[Gallup-Sharecare Well-Being Index](#)[Health Data Services](#)[Innergy Weight Management](#)[Ornish Lifestyle Medicine](#)[Diabetes Solution](#)[Virtual Reality](#)

[Log In](#)

[Home](#)

☐ [Tools & Topics](#)

Health Topics

[See All](#)

[Allergies](#)[Cancer](#)[Diabetes Type 2](#)[Heart Disease](#)[Hypertension](#)[Quitting Smoking](#)[Women's Health](#)[See All](#)

Health Tools

[Find a Doctor](#)[AskMD](#)[RealAge](#)[Money Fit](#)

Health Information

[Health Guides](#)[Videos](#)[Slideshows](#)[Articles](#)[Quizzes](#)[All Topics](#)

☐ [Find a Doctor](#)

Doctors by Specialty

[See All](#)

[Bariatric Medicine](#)[Cardiology](#)[Family Medicine](#)[Gastroenterology](#)[Internal Medicine](#)[OB/GYN](#)[Oncology](#)[Orthopedic Surgery](#)[Pediatrics](#)[See All](#)

Health Experts

[See All](#)



[Dr. Michael Roizen, MD](#)[Internal Medicine](#)

[Dr. Dean Ornish, MD](#)[Internal Medicine](#),



[Preventive Medicine](#)

[All](#)

☐ [About](#)

About

[Press Center](#)[Leadership](#)[Blog](#)[Careers](#)[Contact Us](#)

Solutions

[Employers](#)[Health Plans](#)[Health Systems](#)[Advertisers](#)

Additional Offerings

[Blue Zones Project](#)[Gallup-Sharecare Well-Being Index](#)[Health Data Services](#)[Innergy Weight Management](#)[Ornish Lifestyle Medicine](#)[Diabetes Solution](#)[Virtual Reality](#)



[Dr. Arthur Crowley](#)[Urology](#)

[See](#)

[Join](#)

☐ Don't have a Sharecare account? Sign up. ☒ Already have a Sharecare account? Log in.

### Member Sign In

Email \*  Password \*  [Forgot Password?](#) ☒ Remember my email address

Don't have an account? Sign up here.

First Name \*  Last Name \*  Email \*

Create Password \*

Postal Code \*  Country \*

Date of Birth \*

Select a birth month. \*  Select a birth day. \*  Select a birth year. \*

Gender \* ☐ Female ☐ Male



I want to receive the latest health news and personalized information from Sharecare. You can change your mind at any time.

By creating an account, you agree to the [Sharecare Privacy Policy](#) and [Terms](#), including the [Health Info Policy](#). You may receive email notifications, alerts and other notices from Sharecare. You can opt-out at any time.



You are now logged in!

Your account has been created!

Start living your healthiest life with Sharecare

[Health Topics/Diet & Nutrition/Nutrition/Fats](#)

## What are the dangers of having too much fat in my blood?



ADVERTISEMENT



**Jorge Cruise**

Fitness



Excess fat can lead to high blood pressure and increased risk for heart disease and type 2 diabetes. If you're a healthy person, fat in your blood may filter out in a few hours, but if you have **diabetes** or are prediabetic, it could linger in your blood even longer -- or never go away.

Even in healthy individuals, this fat still has to go somewhere, and it's most likely going to get deposited in **abdominal fat** cells. High levels of triglycerides have been connected to dangerous **belly fat** by researchers affiliated with the American Heart Association and the Mayo Clinic.

Once the fat in your blood (otherwise known as triglycerides) gets locked into your fat cells, it actually has to be broken down before it can move out and become usable energy. Insulin plays an important role here as well by preventing the triglycerides from breaking down -- it wants to make sure that the fat stays put. Only when insulin disappears for a while can this fat escape from the cell to be used.

**MORE ABOUT THIS BOOK**

The Belly Fat Cure: Discover the New Carb Swap System and Lose 4 to 9 lbs. Every Week

Drop 4 to 9 lbs. a week without dieting! For years, experts have told you that you're overweight because you eat too much and don't exercise enough. They were wrong. The truth is that you are...

[Buy the Book](#)

## Continue Learning about Fats



[The Best \(and Worst\) Fats for Your Body](#)

[See All Articles](#)



[How Does Proper Nutrition Keep Healthcare Costs Down?](#)  
1:09

[See All Videos](#)



[Eat a Smart Lunch to Prevent Afternoon Fatigue](#) 1:15



[An Anti-Inflammatory Diet Plan](#)

[See All Health Guide](#)

**Q:** [How does limiting unhealthy fat from my diet affect aging?](#)

**Q:** [What are the types of fat that I should know about?](#)

[See All Questions](#)

Related Topics

[Fat Content Of Foods](#) [Good Fats](#) [Omega 3 Fatty Acids](#) [Trans Fats](#)

*Important: This content reflects information from various individuals and organizations and may offer alternative or opposing points of view. It should not be used for medical advice, diagnosis or treatment. As always, you should consult with your [healthcare](#) provider about your specific health needs.*

ADVERTISEMENT



Avoid  
These 3  
Foods -  
You've  
Been  
Eating for  
Years

Cut a bit of  
belly bloat  
each day by  
avoiding these  
3 foods

[1md.org](#)



Fats

At 9 calories per gram, fats can add up quickly in [your diet](#), yet experts recommend that you get only 7% of your calorie intake from fat. Fats also affect your cholesterol, and there are both good and bad fats. The best kind of fats are called unsaturated fats, and can be found in oils like olive and canola oils, nuts and seeds. These fats can help your body get rid of cholesterol. Saturated fats often have had hydrogen added to them to make them more solid. Other saturated fats are found in cream, butter and meats. They can raise your blood cholesterol. Its wise to learn which is which and check nutrition labels to make proper choices.

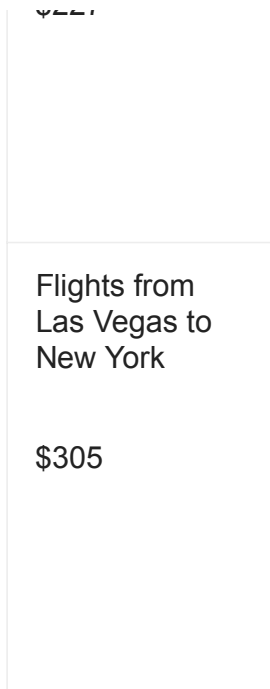
[LEARN MORE](#)

ADVERTISEMENT



Flights from  
Las Vegas to  
New York

\$227



Flights from  
Las Vegas to  
New York

\$305

**justfly.com**

ADVERTISEMENT



Over 370 Keto Recipes

The Only Healthy  
Cookbook You Will  
Ever Need



☐ [Health Guides](#)Health Guides

[An Anti-Inflammatory Diet Plan](#)[Diabetes Smart Tips](#)[Living Well with Rheumatoid Arthritis](#)[Living Well with Colitis or Crohn's](#)[Manage Your Child's ADHD](#)[Mood, Stress and Mental Health](#)[Talking to Your Doctor About Hepatitis C](#)[Talking to Your Doctor About Psoriasis](#)[Talking to Your Doctor About Rheumatoid Arthritis](#)[Your Guide to Diabetes Management](#)[Your Guide to Headache and Migraine Pain](#)[Your Guide to Managing Depression](#)[See All](#)

☐ [Find a Doctor](#)Find a Doctor

[Allergy & Immunology](#)[Bariatric Medicine](#)[Cardiology](#)[Dermatology](#)[Family Medicine](#)[Gastroenterology](#)[Internal Medicine](#)[Neurology](#)[OB/GYN](#)[Oncology](#)[Orthopedic Surgery](#)[Pediatrics](#)[Psychiatry](#)[Urology](#)[See All](#)

☐ [Solutions](#)Solutions

[Employers](#)[Health Plans](#)[Health Systems](#)[Advertisers](#)[Blue Zones Project](#)[Gallup-Sharecare Well-Being Index](#)[Health Data Services](#)[Innergy Weight Management](#)[Ornish Lifestyle Medicine](#)[Diabetes Solution](#)[Virtual Reality](#)

☐ [About Sharecare](#)About Sharecare

[About Us](#)[In the News](#)[Executive Team](#)[Advisory Board](#)[Careers](#)[Contact Us](#)

[Press Center](#)[Press Center](#)[Blog](#)[Blog](#)

[AdChoices](#)[Contact Us](#)[Cookies](#)[Privacy](#)[Sitemap](#)[Terms](#)

© 2010-2018 Sharecare, Inc.

[AdChoices](#)[Contact Us](#)[Cookies](#)[Privacy](#)[Sitemap](#)[Terms](#)

Sharecare does not provide medical advice, diagnosis, or treatment.